

City of Long Beach

Safety Simply Stated

January 2005

Volume 2, Issue 1

US Department of Homeland Security Resolve to be Ready in 2005

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WASHINGTON, D.C. – Nearly half of all American adults make one or more New Year's resolutions every year, including quitting smoking, losing weight or committing to an exercise program. Unfortunately, many Americans have difficulty keeping their resolution due to lack of time or motivation. This year, as part of its successful *Ready* campaign, the U.S. Department of Homeland Security is encouraging citizens to make a New Year's resolution that is easy to keep – creating their own family emergency plan. It can benefit not only the person who makes the resolution, but also his or her entire family.

one another in the event of an emergency. Log-on to www.Ready.gov and look for the 'Resolve to be Ready' icon. There, you can learn more about emergency preparedness and download a free family emergency plan template to help you get started. You and your family will be glad you did."

Last month, Homeland Security and the Ad Council unveiled the new *Ready* campaign public service advertisements (PSAs). The PSAs, which have begun running, are designed to encourage people to develop a family emergency plan in case of a terrorist attack, natural disaster or other emergency. The new television and radio advertisements feature children questioning parents about what to do during an emergency and are the second series of advertisements for the *Ready* campaign.

"The start of a new year is a time when many Americans are inclined to think about ways to make improvements for the future," said Secretary Tom Ridge. "Creating a family emergency plan is a great place to start. Families can create a plan that will allow them to know how best to communicate with



**Homeland
Security**



Drinking and Work Don't Mix Casual Drinkers are the Main Problem

It's no surprise to hear alcohol drinkers cause a drain on workplace productivity and profits. What you may not know is that the casual drinkers, not the alcoholics, are the most costly.

A recent survey of major companies in the United States indicated casual drinkers are the cause of much more absenteeism, tardiness, arguments, and bad work than those considered problem drinkers.

So rather than the alcoholic bender it's the socially acceptable drinking occasions such as tavern after work or

celebrating at a family party that affects productivity the most.

The report suggests more attention should be paid to alcohol use among the general work population, not just those with chronic alcohol problems.

The study included an insurance company, oil company, utility, paper manufacturer, building materials company and two companies with a variety of businesses.

The National Institute for Alcoholism and Alcohol Abuse, one of the sponsors of the study, has estimated a

cost of \$27 billion a year to employers from alcohol use.

The study's findings are similar to recent findings that most drinking and driving crashes and deaths are caused by casual drinkers, not alcoholics.

As a supervisor, what can you do to keep alcohol from interfering with production? First, encourage alcohol awareness. Second, discourage an alcohol culture in your workplace. Being high or hung-over is not acceptable because of its impact on productivity and safety.

Safety Smarts 2004

Safety Quiz for Parents

1. What is the most important thing you can do to keep your children safe?

- a. Have their fingerprints taken by police.
- b. Have their photographs taken at least annually.
- c. Talk to them early and regularly about their safety.

2. How old are the most common victims of abduction and exploitation?

- a. Five years old.
- b. Infants.
- c. Teenagers.

3. According to police, what is the most important tool in the search for a missing child?

- a. Search dogs.
- b. Photographs of the missing child.
- c. Private detectives.

4. Who is the most likely individual to abduct your child?

- a. Someone they know.
- b. Someone they don't know.

5. Do posters of missing kids really work?

- a. Yes
- b. No

****Answers to the Safety Quiz for Parents is on page 8.****



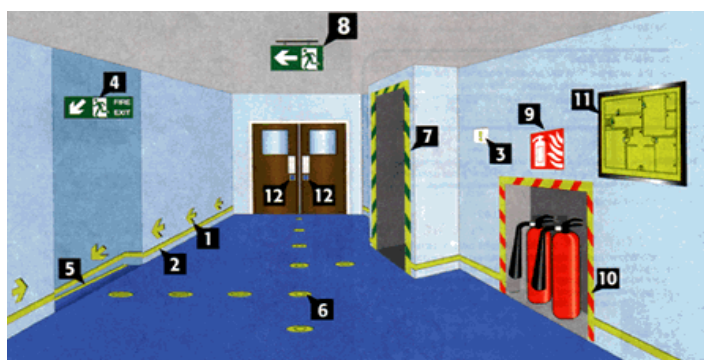
Photo Luminescent Safety Signs and Markers

By: Jerry Wolfe, Department Safety Officer



An emergency way guidance system is an arrangement of components (e.g. safety signs, tapes, markers, etc), which provide sufficient visual cues to assist people in the safe evacuation of an occupied area in an emergency. Such systems are installed along designated escape routes and at the end of designated assembly zones. Areas of fire fighting equipment, means of rescue and emergency equipment and areas of hazard along the escape route also form part of the guidance system and should be signed appropriately.

The objective of way finding systems for evacuation is to guide all persons to a safe haven as orderly, fast and unambiguously as possible. A flaming fire creates a smoke layer against the ceiling in the room leaving better visibility at floor levels. The smoke layer obscures sources of light very quickly. Emergency lighting and signage do not perform as expected during fire disasters. Very often systems are found to be non-operative, not providing useful way guidance or both. There are two common denominators: the systems are traditionally not required to be designed for *smoky* conditions and they are prone to failure by lack of maintenance or complexity. When accidents involve fire, explosion, collapse, short-circuiting or ingress of water, all electrical systems including emergency power supplies are at risk. Photo Luminescent materials are not affected by loss of power. You should consider the use of these materials in your facilities as part of your emergency evacuation system preparedness.



OSHA Revises Exit Route Standard

Requirements for exiting buildings quickly during an emergency have been rewritten in a user-friendly format that is easier to understand, the Occupational Safety and Health Administration announced today. The revised **Exit Routes, Emergency Action Plans, and Fire Prevention Plans** Standard became effective last December.

"Having a clear plan and procedure for exiting a

building as safely as possible, if necessary, is one of the most basic and important safety precautions," said OSHA Administrator John Henshaw. "OSHA's standard was over 30 years old and in need of updating. The changes to the language in this rule will make it more clear and consistent, and aid workers and employers alike in understanding the requirements of the standard." The requirements for exit routes have been rewritten in simple, straightforward,

(Continued on page 5)

Brochure Warns Parents of Hazards from Recalled Products



Kids In Danger (K.I.D.), a nonprofit organization dedicated to protecting children by improving children's product safety, offers a brochure "Are Your Kids Safe?" designed to warn parents of hazards of recalled products. The brochure encourages parents to:

SAFE?

**Protect
Your
Children
From
Dangerous
Juvenile
Products.**

- 1) Learn about the problem. "Too often, manufacturers do not test children's products adequately." The brochure provides contacts for obtaining additional information.
- 2) Do a product inventory. "The only way to be certain that you are not using a recalled product is to check for yourself and do so regularly." The brochure encourages parents to take an inventory of items used by their children. It also provides contact information for CPSC, NHTSA and FDA where parents can obtain more information.
- 3) Keep up with future recalls. "A new crib, highchair or infant carrier that you buy today could be recalled tomorrow." The brochure encourages parents to stay up-to-date on product recalls and safety. The organization offers e-mail alerts to help parents stay current on recall news.

K.I.D. was founded in 1998 by the parents of 16 month-old Danny Keysar, who died in his childcare home when a portable crib collapsed around his neck. Although the crib had been recalled five years earlier, word of its danger had not reached Danny's parents, caregiver or a state inspector who visited the home just eight days before Danny's death.



AED Recall? ... Not us!

There have been some questions brought up to the safety office about an AED recall. Yes there has been a recall on a certain AED unit by one particular manufacturer, but rest assured that the recall does not affect any of the AED units you will find in any City owned location. For your general knowledge here is the information on the recall. Keep in mind the formal state recall was sent out by the state of Wisconsin and what happened with this case does not have any bearing on the products produced by other manufacturers.

On November 3, 2004, Access CardioSystems, Inc., a manufacturer of automated external defibrillators (AEDs), instructed customers to discontinue use of all of its automated external defibrillators. The formal recall was sent out November 9, 2004.

In a recall letter to its customers, Access CardioSystems says that some of the devices may experience "a catastrophic failure of the shock delivery circuit." When the problem occurs, it is not possible to deliver additional defibrillation shocks. The company's investigation indicates to date that this failure mode is restricted to a specific batch of one device component.

Access CardioSystems, has also become aware of "a situation involving certain of its AEDs in which the ON/Off button of the device may become inoperative after the device turns on unexpectedly." According to the company, if this problem occurs, the device may not defibrillate.

*Wisconsin
Department of Health and Family Services*

The 2004 Larry Larson Awards

On

Wednesday, December 1, 2004, the annual Larry Larson award was presented to two departments who have shown improvement, dedication and an active interest in safety from all levels within the department.

This is the second year that a point based system was used to determine the winners of the Larry Larson Award. There was a total of 100 points possible, and four categories in which the departments must excel in order to earn points.



drum roll please.....

AND THE AWARDS WENT TO...

With a total 98.8 points out of 100 - Financial Management earned this years office setting Larry Larson Award. Acting Department Head, Mike Killebrew, and Acting Administrative Services Officer, John Zanier, said that their almost perfect score was due to management's commitment to safety, employee involvement, and a hard working staff who puts employee safety first!

Parks, Recreation and Marine was the winner of the field setting department for the second year in a row with a total of 87.2 points. Director Phil Hester along with Department Safety Officer Laurie Browning, accepted the award and announced that they are going to try for a "three-peat" in 2005!

Also, a special thanks to the Parks, Recreation and Marine staff who made one of their facilities available for the award breakfast and decorated it, leaving no detail overlooked. It was a beautiful and festive site!

OSHA Revises Exit Route Standard...Continued

(Continued from page 3)

easy to understand terms. For example, **Means of Egress** will now be referred to as **Exit Routes**. The text has been reorganized and inconsistencies and duplicative requirements have been removed. The revised rule has fewer subparagraphs and a smaller number of cross-references to other OSHA standards than the previous version. Employers now have the option of adopting the

National Fire Protection Associations' Life Safety Code, instead of the OSHA standard for exit routes. OSHA evaluated the NFPA standard and concluded that it provides comparable safety. The revised standard, which offers more compliance options for employers, does not change the regulatory obligations of the employer or the safety and health protections provided to the employees by the original standard.

Heating Equipment's Role in Fire Prevention

By: Laurie Browning, Department Safety Officer



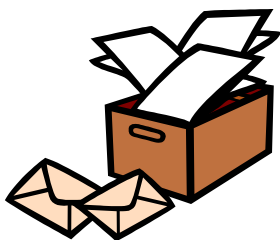
According to the NFPA, heating equipment is a leading cause of home fires during the months of December, January and February, and trails only cooking equipment in home fires year-round.

Facts & figures:

- In 2001, an estimated 54,900 home heating equipment fires were reported to U.S. fire departments, resulting in 220 civilian deaths, 1,120 civilian injuries and \$502 million in property damage.
- In 2001, two of every three home heating fires in the United States, and two of every three related deaths, were attributed to portable and fixed space heaters and related equipment.
- Only 20% of the home heating equipment fires in 2001 began with central heating units.
- Common causes of space heating home fires are: lack of regular cleaning, in wood-burning devices and associated chimneys and connectors leading to creosote build-up; failing to give space heaters space by installing or placing them too close to combustibles; basic flaws in the construction or design of wood burning heating equipment; fuel spills or leaks involving liquid or gas-fueled heating equipment.

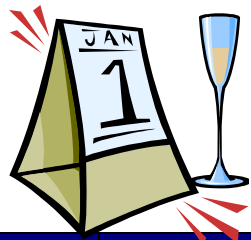
Safety tips:

- When buying a new unit, make sure that a qualified technician installs the unit or checks that the unit has been installed properly.
- For wood or coal stoves or fireplaces, have a professional inspect the chimney, chimney connector and other related equipment every year, and have them cleaned as often as the inspections indicate.
- Keep space heaters at least three feet (or one meter) away from anything that can burn.
- Fuel portable kerosene heaters in a well-ventilated area away from flames or other heat sources, and only when the device has cooled completely. Use only the type of kerosene specified by the manufacturer, and never use gasoline. Use only if such heaters are legal in your community.
- When turning a heating device on or off, follow the manufacturer's instructions. When buying heaters, choose devices with automatic shut-off features.
- Make sure any gas-fueled heating device is adequately ventilated. Unventilated gas space heaters in bedrooms or bathrooms must be small and well-mounted. Never use liquefied-petroleum gas heaters with self-contained fuel supplies in the home.
- Portable space heaters should be turned off every time you leave a room or go to bed.




Environmental Tip:

Most people find themselves with an excessive amount of cardboard boxes during and after the holiday season. "More than 70 percent of corrugated cardboard is recovered and recycled into new boxes and paper products. The fact is, the fibers from one corrugated box can have up to seven or eight lives. Breakdown and flatten your boxes for easier transporting before taking them to your local recycling center. If you do not have a center available, check with a local grocer or department stores such as Wal-Mart or Target to see if they will bale your cardboard in their in-house recycling program."



January 2005

Citywide Employee Safety Training Calendar (Schedule as of December 27, 2004)

Date(s)	Course	Time(s)	Location
Jan. 12	Bloodborne Pathogen (Module 3)	7:45 am – 11:00 am	PW/ESB 2929 East Willow Street, EDC Classroom
Jan. 12 – 14	HAZWOPER Technician (24 hrs)	9:30 am – 6:00 pm	Water Department Treatment Plant 2950 Redondo Avenue, Assembly room <i>NOTE: For Water Department Employees</i>
Jan. 12	Fire Extinguisher Training (Partial Module 4) 2-sessions AM/PM 	<i>AM Session:</i> 10:00 am – 12:00 pm <i>PM Session:</i> 1:00 pm – 3:00 pm	Long Beach Airport Maintenance Yard 3150 St. Louis Ave. Conference Rm & Fire Pit (EB 32 nd St. just immediately north of 405 frwy off-ramp onto NB Cherry Avenue.)
Jan. 13	AED/CPR (Module 1) 2-sessions AM/PM	<i>AM Session:</i> 8:00 am – 12:00 pm <i>PM Session:</i> 12:30 pm – 4:30 pm	American Red Cross 3150 E. 29 th Street Classroom 2 
Jan. 19	Bomb Threat Awareness	8:30 am – 10:00 am	West Police Substation (WPSS) 1835 Santa Fe Avenue, Community Room
Jan. 26	Ergonomics Office Training 2-sessions AM/PM	<i>AM Session:</i> 10:00 am – 11:30 am <i>PM Session:</i> 2:00 pm – 3:30 pm	<i>AM Session:</i> PW/EDC Training Room 2929 E. Willow Street <i>PM Session:</i> Main Library 101 Pacific Avenue, Auditorium



- NOTE: Course dates and time are subject to change without notice.
- Please be advised that HR will request a JV charge point from departments who have employees signed up for training and do not show up for the class.
- If you have any questions, please contact May Jong, Risk Management @ may_jong@longbeach.gov

As we enter 2005, the Safety Office would like to extend an invitation to anyone interested in writing an article for the monthly Safety newsletter. If interested please contact:

The City Safety Office at extension 6552.

When submitting an article of safety interest, all we ask is that you provide your source of information so we can verify the information before we distribute and post it on the City Safety website.

We are always open to new ideas and we look forward to hearing from you.

—Thank you!



City of Long Beach

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Safety Quiz for Parents Answers

- 1. ANSWER: C.** Although it is important to plan for an emergency, which includes keeping updated information about your child and current photos, fingerprints and dental charts, nothing is more important than talking with your child and creating an atmosphere in your own home where they feel safe coming to you and confiding information about an uncomfortable experience. Ensure a sense of confidence in your children that you will believe them and be responsive to them if they need your help.
- 2. ANSWER: C.** Teenagers-especially girls 12-19-are the most victimized segment of the U.S. population, victimized at a rate 84% higher than the general public. For more information about how you can keep your teenager safe, click on Know the Rules and learn the facts about the risks to America's teens.
- 3. ANSWER: B.** In a recent survey of law enforcement nationwide, 98% of those police polled indicated that high-quality photographs of children are vital to any missing child investigation. Police and child advocates agree that parents should keep up-to-date photos of their children, regardless of their age, on hand at home in case of an emergency.
- 4. ANSWER: A.** Most child abductions are committed by people the children know or are related to. The U.S. Department of Justice estimates that 354,600 children are kidnapped by a family member in the United States each year, and up to 5,000 are abducted by people who have at least some acquaintance with the child. Contrary to popular belief, the random abduction of children by strangers, as terrifying as they are, number an estimated 200 in the U.S. each year.
- 5. ANSWER: A.** Yes, they work, but we need your help to make them work even better. Currently, one in seven missing children are recovered as a direct result of someone just like you recognizing a picture of a missing children and alerting authorities. The National Center for Missing and Exploited Children is working to raise awareness of the power of pictures in the search for missing children, and need your help. Please study the pictures of children you see in your mail and in your daily routine. You could help to reunite a family!